

Butterka Lawska

IIBSO

Ka gado nooc waliba oo Butterka lawska oo culayskiisu yahay 16 oz ama 18 oz.

Kala dooro noocyada kala ah, chunky, plain, ama honey roasted peanut butter.



HA IIBSAN

- Lagu daray Jam, Jelleis, ama chocolate
- Fara badan • Ah Gourmet ama markaas la soo jaray • Organic • Subaga lagu yareeyay

Karotada & Malayga Tunada

IIBSO

Ilbso nooc waliba oo Korotada yar yar ka ah ama Dhanba

Organiga waa la ogol yahay

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- Mida lagu daray quadaarta, maraqa, ama macmacaanka

**Naas nuujintu
waa mida
ugu fiican!**



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Ilbso nooca aad doonto oo ah malayga tunada gasacadaha ku jirta midka biyaha ama saliida

Kala dooro midka cad, albacor lagu daray, chunk cada, ama chunk light ah.



HA IIBSAN

- Tunaha Freshka ah • Midka la dubay ama wax lagu daray • Tunaha qaska ee is caataynta
- Tunaha ku jira baakadaha qadada

Digirta la qalajiyay, Peas ama Lentils

IIBSO

Ka iibso nooc waliba oo digirta la qalajiyay, peas, ama lentils. Organic waa la ogol yahay.

Jeeska midka baakadaha ku jira iyo tirada badanba



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- Midka koombada ku jira • Maraqa lagu daray

Caanaha Caaruurta

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Iibso kaliya noocyada iyo magacyada liiska lagu qoray



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- Enfamil LIPIL • Enfamil Prosobee LIPIL
- Similac Advance • Isomil Advance

Boorashka caruurta

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Iibso noocyadan kaliya:

Ka dooro 8 oz ama 16 oz baakada.



HA IIBSAN

- Boorashka caruurta ee lagu daray quadaarta ama caanaha budada • Boorashka caruurta ee gasaca ku jira.

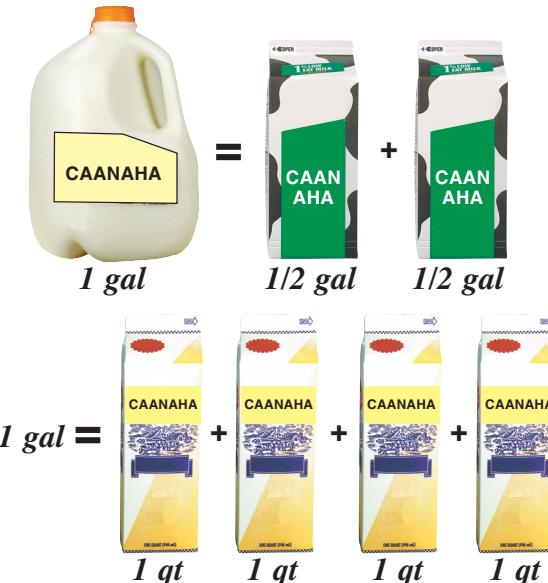
Caanaha

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Iibso nooc waliba iyo isku dar waliba oo caanaha loda ee ay WIC-tu ogoshahay ee qiimaha ku qoran jeega.

Ka dooro noocyadan soo socda ee caanaha la hagaajiyay

- Whole (ilaa iyo 5%)
- Reduced Fat 2%
- Low Fat 1%
- Fat Free
- Non-Fat
- Skim
- Lactose Free
- Lactose Reduced
- Lactaid
- Acidophilus
- Kosher
- Organic
- Skim Deluxe
- Trim Deluxe
- Skim Royal
- Skim Supreme



Caanaha budada iyo kuwa wax lagu cadeeystaba waa la ogol yahay markii ay ku qoran yihiin jeega

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- Falavored milk • Glass bottles
- Raw ama unpasteurized milk
- Soy ama caanaha bariiska



**GOBOLKA WASHINGTON
BARNAAMIJKA WIC-TA
CUNTADA WIC-TA**

Laga bilaabo

April 1, 2003-March 31, 2006

Barnaamija WIC ee Gobolka Washington waa shaqaaleeye loo simayn yahay oon midab kala sooc lahayn.

Subaga (Cheese)

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Iibso nooc waliba oo subaga ay WIC-tu ogoshahay qiimaha ku qoran jeega.

Ka kala dooro noocyadan soo socda:

- Chedder (Midka caanaha, dhaxdhaxaad ama jaale ama cadaanka)
- Kraft Deluxe American (aan la goyn)
- Monterey Jack
- Mozzarella (Whole ama skim)
- String Cheese (cadaanka kaliya, dhowrka xabo ama hal halka)
- Swiss

16 oz = 1 lb = 1 pound



Caanaha uu subaga lahayn, ku yar yahay iyo "light" jiiska waa la ogol yahay

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- Subaga ariga • Jiiska Organiga ah • Midka la jar jara, ama daqiqada laga dhigay.
- Jisaska qaaska • Cayriinka midk ah.

Boorashka

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Iibso noocyadan boorashka ah kaliya



Dooro nooc walba oo boorashka ay WIC-tu ogoshahay oo culayskoodu gaarayo ilaa 36 oz ama ka yar.

$$\begin{array}{l} 9 \text{ oz baaka-} \\ \text{da} + 9 \text{ oz baaka-} \\ \text{da} + 9 \text{ oz baaka-} \\ \text{da} + 9 \text{ oz baaka-} \\ \text{da} = 36 \text{ oz} \\ \\ 15 \text{ oz baakada} + 1 \text{ lb, } 2 \text{ oz baakada} = 33 \text{ oz} \\ \\ 1 \text{ lb, } 5 \text{ oz baakada} + 9 \text{ oz baakada} = 30 \text{ oz} \end{array}$$

CABITAANKA

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Iibso noocyadan kaliya

Ka dooro noocada cabitaanka barafka ee miiran ama cabitaanka full-ka ah ee gasacadaha am dhalooyinka, ilaa iyo qiimaha ku qoran jeega WIC-ta

Cabitaanka Calciumka lagu qosay waa la ogol yahay, laakiin lagulama talinayo caruurta yar yar (dhashay)

10 oz, 11.5 oz ama 12 oz (Cabitaanka la mirey ee barafka)



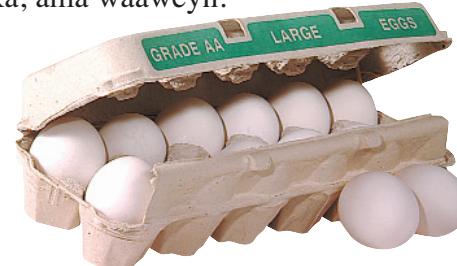
46 oz gasaca



Ukunta Digaaga

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Iibso nooc waliba oo ukunta digaaga cad ee darsinka (12 Xabbo) kartoonada, yar, dhaxdhaxaadka, ama waaweyn.



HA IIBSAN

- Ukunta Brawnka ah • Ukunta ugxanta ah
- Ukunta Organic-ka • Ukunta Qaaska ah

Isticmaalka Jeegaga WIC-ta

- Dooro noocyada cuntada ee WIC-tu ogoshahay ee qiimaha ku qoran jeega WIC-ta

- Xasuuso, Qasab ma aha inaad iibsato dhamaanba cuntada ku qoran jeega WIC-ta

- Ka sooc cuntada WIC-ta cuntada kale ee aad iibsanayso.

- Gooni u kala saar saar jeegaga WIC-ta.

- U dhiib jeega WIC-ta qofka lacaga qaadya markii aad timaado mesha lacaga lagu bixinayo.

- Saxiix gotka 2-aad ee saxiixa ka dib marka qofka lacaga qaadya uu ku qoro qiimaha lacaga jeega.

- Ha bixin lacag cadaan ah, ha qaadan haddii lacag lagaaga soo celiyo ama jeeg.

- Weeydii sida loo isticmaalo jee-gaga WIC-ta ama logu soo iib-sado cuntada jeegaga WIC-ta shaqaalaha kiliniga, Xafiiska WIC-ta ee Gobolka, ama maamulaha dukaanka.

**Qeypta Caafimaadka ee
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Xafiiska Barnaamijka WIC-ta
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